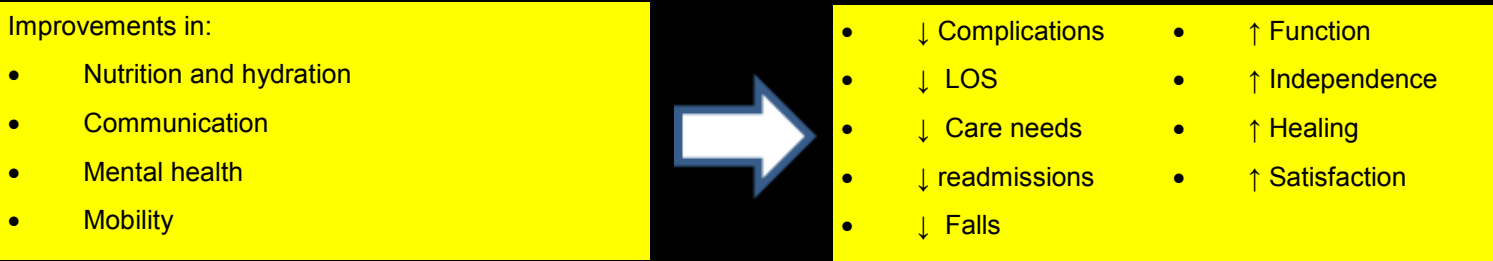


PRACTICE COACHING MODEL TO EMBED THE CULTURE OF ENHANCED RECOVERY : A SERVICE EVALUATION.

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BACKGROUND

There are associated risks with acute illness and hospitalisation, the way we care can reduce risk and enhance recovery.



AIM

To embed the principles of Your Road to Recovery (enhanced recovery) reducing the complications of a healthcare stay.

METHOD

An experienced team of Practice Coaches (3 nurses, 2 Occupational Therapists and 1 physiotherapist) work alongside acute healthcare staff to encourage the 6 nationally recognised principles of Your Road to Wellbeing.

Ward staff identified potential areas for care improvement and, through coaching, staff introduced changes to enhance recovery.

Initial data is from the work on an acute trauma ward over six weeks.



Qualitative and quantitative outcome measures were collected:

- Percentage of suitable patients up and dressed.
- Percentage of suitable patients self-medicating.
- Admission and discharge frailty scores.
- Length of stay.
- **MUST score audit against MUAC standards of triggering.**

RESULTS

- Introduction of a personalised goal orientated daily activity diary — 36 patients have completed this thereby an increase in their activity.
- Introduction of a daily nutritional shake round for all patients.
- **MUST Audit:**
- Weekly average percentage of people up and dressed (of those able to be): Prior to practice coach input <45%
Post—practice coach input >70%
- Self medication rose from 0% pre—practice coaching, to 40.82%

CONCLUSION , LIMITATIONS, AND FURTHER RECOMMENDATIONS

Practice Coaching is a useful tool to embed the principles of Your Road to Wellbeing into ward culture to enhance recovery. Further work is needed to see if the changes in care can be sustained.